

A godly Ballad declaring by the Scrip

tures the plagues that haue ensued by lust.



Strain of youth thy
bain desire.
Subdue thy lusts
inordinate.
Suppresse & quench
lest if the fire
to quenche them it
wilbe to late.

Thou knowest not
what a possib strong
thou lettest breed within thy brest,
Whiche if thou keep within thee long,
thou shalt see thee care and muche brest.
Though it seem sweet in thy conceit,
be ware thou neuer surfeit it.
The fish is by a pleasant bait,
constrained to the deadly bit.
As the worm in the rich brest,
whose sting destroyeth with venem cold:
Is not so noisome to be fled,
as lust that reigneth vntontrolde.

If reason cannot rule thy wil,
but vice wil reign through appetite:
Then let thy harmes that happen fill,
(through lusts) refrain thy fond delight.

Remember eke that in Noes daies,
when vice through lust was risly growne:
The whole world by such wicked waies,
by rage of Rain was ouerthrowne.

The King of Egypt Pharaos,
was he not plagued of Gods moste iust:
Both he and all his house also,
onely for he gaue place to lust.

So read we of Abimelech,
the mighty King of Gerara:
That God gaue him a greuous check,
for lusting after Sarra.

And how he destroyed the Sodomites,
as is in Scripture manifest:
For lust were slain the Sichamites,
when Sichem Dina had oppressed.

And how the wiles somuche mischaunt,
of Dalpber the Christians wife:
That Joseph for he would not graunt,
her suite she brought nigh from his life.

Bethsabs naked in bath,
bewitched so King Dauids brain:
That gildes he procured bath,
her husband vnto be slain.

The cheef among the Israelites,
for naughty lust and eke offence:
Wrought by the meenes of Moabitess,
were hanged by by Gods sentence.

For lust Jarray the Israelite,
as witnesseth Gods holy woord:
And Cosby eke the Gadfanite,
perished both through Jannas woord.

The Israelites through their lust,
towards their enemies daughters were:
Allured by them false Gods to trust,
whiche all their thyadomes caused clere.

Sampson the sonne of Honon,
that mighty Judge in Israel:
For lust he had to Dalila,
him self to his grief did compel.

Lo, him that none could be so in sight,
whose puissant arme the Lion he was:
Whose strengch put thousands vnto flight,
by lust one woman ouerthrew.

Lust in the tribe of Benjamin,
cast twenty thousand down and line:
So that in all for that one sin,
were but six hundred left on line.

If Ammons lust had not defiled,
his sister Thamar with incest:
He had not of his life been spoiled,
at Absolon his brothers feast.

If lust had not impaired the name,
of Salomon that witty King:
He had not lost his roiall fame,
nor fallen to Idolls worshiping.

If Herod in his sinful life,
had not by lust been sore misled:
He had not kept his brothers wife,
nor stricken of John Baptists head.

Now what be these but tokens sure,
that God wil plague all those that vse:
To lead their lines in lusts impure,
and with out fear them selues abuse.

But some doo thinke Gods dooth not see,
to eche mannes dooing in all things,
Because some seem full safe to be,
and prosper still in all things.

But if such wil gene ear vnto,
Gods woord which dooth the truth vs tel:
Shal soon perceiue those that liue so,
shall suddenly go down to hel.

Therefore to God now let vs pray,
that he wil giue our hearts a right:
To flee from filthy lusts alway,
and him to please with all our might.

And also for our gracious Queene,
that God long prosper her and them:
Good dayes among vs may be seene,
whiche vnto vs be graunt, Amen.

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